

TEAM BUILDING

Sarah Fechter Fitness

Request a class (we can also create combo options, please request in comment section):

- ☐ Boxing
- ☐ Circuit Style Class
- ☐ TRX®
- ☐ Athletic Conditioning

Request a general presentation topic:

- ☐ Nutrition
- ☐ Exercise
- ☐ Self-Care
- ☐ Psychology of...

Request your date & length of session (60, 90, or 120min)

COMMENTS:

*Please submit Team Building request form a minimum of 30 days prior to desired date.

*Please allow 3 business days after form submission to hear back from our staff.

Submit form to: sarahfechter@hotmail.com, cc sophiekostrzewasff@hotmail.com